



FOOD MENU



ELITE HAVENS



Decadent dining to make your holiday perfect. Our highly-trained chef will be happy to customise meals to suit your palate accounting for allergies and preferences, including a tempting children's menu. Dine in and enjoy local delicacies as well as several international cuisines.

Sri Lanka's cuisine has been shaped by many historical, cultural and other factors. Being colonized by the Portuguese, the Dutch and the English brought in new delicacies and cuisines from neighbouring countries. The traditional cuisines of the four ethnic groups in Sri Lanka have influenced the cuisine of what we enjoy eating here. Rice, coconut and the many spices found in the island are blended to make different curry powders to be used in the preparation of tasty local meals. Saffron & Blue is situated in the South Coast of Sri Lanka, which is famous for its abundance of fresh seafood from the ocean and the lagoons nearby.

Dishes are served family-style and for sharing.

All food photos are for reference only.

Continental breakfast is included in your room rate. Guests are required to pay grocery cost +10% surcharge (on total grocery bill) for all F&B items.

We buy all our seafood fresh from the local market each day.

If you have food allergies, please inform our staff.

Breakfast

Saffron & Blue offers Sri Lankan breakfast favourites such as hoppers and egg hoppers, string hoppers and coconut rots crafted by its resident chef. Lunu miris (a freshly ground chilli and onion sambol) or a coconut sambol (freshly grated coconut with onions, chilli salt and lime juice) with either a fish or chicken or any other protein curry would make a great start to your morning. Kade paan, which is locally baked bread with a delicious crust, is a great option too. Should your preference be a continental breakfast with eggs cooked to your style accompanied by bacon, sausage, hash brown potatoes and grilled tomatoes, the resident chef will promptly prepare it.

Yoghurt, cereals, milk, seasonal fruits etc. can be purchased from a nearby supermarket or the village fair. The locally grown papayas, pineapples, mangoes and watermelons are delicious to eat or as juices. The village fair, known as a pola, held in the mornings two days of the week, sells fresh vegetables and fruit - an interesting tour if you wish. If you do enjoy a hearty breakfast, we would recommend the great combination of mixing both the local and continental.

Lunch

A Sri Lankan lunch consists of rice accompanied by a variety of curries cooked in different forms along with sambols and condiments. For ease the rice is identified as white or red rice, the red rice being the healthier option, or the more flavoursome yellow rice, ghee rice or fried rice.

The accompanying curries will comprise of a rotein of your choice, two to three local egetables curried in different styles, sambols nd a local salad, mallung (local green leaves either cooked or assembled raw with grated coconut), fried butter chillies, chutneys and crispy fried poppadum to complete the meal.

Dinner

If you prefer a lighter option, either grilled fish or chicken, a salad or a toasted sandwich could also be prepared by the chef.

Generally a selection of seafood with a salad or grilled vegetables. This could be prepared Asian style with either a tamarind sauce or a hot and spicy style or even with chilli and garlic. Chicken and other available meats could be cooked for you in this manner too.

The staff at Saffron & Blue are BBQ experts. Inform them on what type of meats you would like to have them barbecue. Good quality sausages and burgers are available at the supermarket. The garlic bread made with the local bread is a house speciality.

Stringhoppers with a white potato gravy called kiri hodhi, along with a protein of your choice and some sambols and other tempered or curried accompaniments is another meal option.

Side dishes

Another popular dish for a meal or as an accompaniment with drinks are what is known as the 'devils', which are zesty, spicy preparations. These could be made with either seafood, meats or sausages. You could also ask them to serve you fried prawns or fish with local chips or fries.

Boiled and spiced gram (chickpeas) are also a great accompaniment for drinks. Even the frikkadels known as "cutlets" are a great accompaniment with drinks. Mixed nuts, cashew nuts, local vadai or crisps could be either prepared or purchased.



Traditional Sri Lanka Favourites

Chicken Korma

Fish Mustard Curry

Black Pork Curry

Beef Ball Curry

Fish Prawn Masala

Crab Curry

Stir-Fried Cuttle Fish with Local Spices

Starters

Prawn Cocktail

Grilled Cuttlefish with Lemon Butter Sauce

Prawns in Garlic

Fish Frikkadels (Fish Cutlets)

Spicy Rolls with Seafood or Vegetable Filling

Soups

Pumpkin

Cream of Mixed Vegetables

Spicy Prawn

Tomato Chicken and Corn

Mulligatawny(Chicken or Seafood)



Side Dishes & Salads

Potato and Bacon Salad

Mixed Greens

Coleslaw

Snake-Gourd

Chicken

Tuna Fish

Bean

Desserts

Fruit Trifle Crème

Caramel Passion

Fruit Mousse Torte with a Fruit Topping

Watalappan - a Local Dessert

Coffee Soufflé

Curd and Treacle

Signature Dish from the South of Sri Lanka

Fresh Fruit Salad

**Many flavours of ice-cream are available for purchase*

Ayubowan!

Items that are solely for presentation purposes, are not to be taken out of the premises . However if you do wish to purchase any of those items, please inform our staff who will help you accordingly.

Massage and yoga sessions are available at your request and are not inclusive of the total cost. If you require a session, please do inform us a day in advance as we need to inform the yogis and masseuse.

There is a service bell available in every room, so please feel free to use it at any time of the day.

A safety locker is also available to store all your valuable items.

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